



Be Mindful Daily

CHALLENGE

Create a daily mindfulness practice

Requirements to complete this HEALTH CHALLENGE™

1. Read “Be Mindful Daily.”
2. Create a plan to practice medication daily.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When stress reached an all-time high for Rachael Kable, it felt like everything was falling apart.

She was worried and anxious. She didn't sleep well. Even driving made her heart race.

Going to work pretending everything was fine, only made things worse.

“It felt like no matter what I did, I was constantly pushing myself up a never-ending mountain,” says Rachael.

When someone suggested she try meditation, she didn't think it would help.

“How could being mindful really change someone's life?” she thought.

But she decided to stick with it and make mindfulness a regular part of her day.

When she wakes up in the morning, she spends the first few minutes in bed. But she's not thinking about a big to-do list, errands, or work. Instead she focuses on being present. She notices sounds, the view from a window, and pays attention to how she feels.

At first, it seemed like a waste of time. But spending a few minutes each morning being mindful changed everything.

“For me, it has truly become a way of living and thinking,” says Rachael, author of the book *The Mindful Kind*. “Rather than waking up too early and immediately feeling bombarded by my to-do lists, I wake up feeling refreshed and energized.”

Only have a few minutes a day? Great. Tap into the power of mindfulness to improve your life and your health. Take the month-long health challenge to Be Mindful Daily.

Mindful Matters:

How much do you know about mindfulness? Take this quiz to find out.



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1. Paying attention to the texture and taste of food and how you feel when you're eating is an example of mindfulness.
2. Multi-tasking is a great way to get more things done and maximize your time.
3. You typically don't think about any one thing for more than 3 to 4 seconds at a time, without being interrupted by other thoughts.
4. Practicing mindfulness can improve the area of the brain used for memory and learning.
5. A daily meditation or mindfulness habit can help you sleep better, reduce stress, prevent heart disease, and lower blood pressure.

How did you do? Mindfulness isn't just a feel-good activity. Research shows a daily mindfulness practice can actually help you feel better and make healthier choices.¹ What about multi-tasking? There's nothing wrong with being efficient. But trying to do too many things at once can increase stress, impair learning, and make you less productive. Take a deep breath. Mindfulness is a skill you can learn.

Answers: 1. True. 2. False. 3. True. 4. True. 5. True.

Let's Get Clear About Mindfulness

Even though mindfulness is gaining popularity, it's still a bit of a misunderstood activity.

- Do you sit cross-legged on a pillow and hum quietly to yourself? You don't have to.
- When you meditate, do you try and solve all your problems? No.
- Is it just for people who have an interest in spirituality? No.
- Does it require long periods of silence for hours a day? No.
- If you do it once to try it out, will it work? It takes practice.

Mindfulness is a way of paying attention to your thoughts, feelings, sensations, and environment.² But instead of trying to problem-solve, mindfulness is simply being aware of what's happening in the present moment.

5 ways
mindfulness
is good for your
health
<https://tinyurl.com/1mi8i74w>